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Housekeepers' Chat

Monday, June 23, 1930

Not for Publication

Subject: "Extracts from a Housewife's Scrapbook." Approved by Bureau of Home Economics, U. S. D. A. Program includes menu.

Bulletins available: (See Program.)

--ooOoo--

Do you have a big scrapbook? Is it always full to overflowing with recipes and verses and helpful hints which sometime you intend to paste on the proper pages? Then your scrapbook is just like mine, and we have something in common besides cooking three meals a day.

When I opened my scrapbook this morning, all the H's fell out -- H is for Helpful Hints. State colleges, child health specialists, and my friends in the Department of Agriculture are always sending me suggestions and helpful hints to use in radio chats. The suggestions I like best, I pass on to you. For instance, here's a page of practical suggestions from a college in the East:

Number 1. "Waxing inlaid linoleum at regular intervals makes it last longer." Of course that's a small item to mention -- but it may remind some of us that it's time to wax the kitchen linoleum. And it reminds me to tell you about the bulletin on "Floors and Floor Coverings." If your floors are a problem -- whether they are old or new -- you will find this bulletin a great help.

Number 2. "A convenient arrangement for the kitchen reduces the time spent in it during the hot weather." We all know this to be true. The bulletin on "Convenient Kitchen" describes in detail how to arrange all kitchens, large or small, for convenience.

Number 3. "Summer silks will last longer if washed in lukewarm suds and rinsed in water of the same temperature." O. K. for that helpful hint. And I suppose I should call your attention to the laundry bulletin, which "tells all" about washing summer silks, pillows, and so on.

Number 4. "Plenty of ventilation in the bedroom is essential for restful sleep in summer. Windows on two walls, and screens the full length of the windows to allow opening at both top and bottom are helpful." That's Good advice, too. Now what bulletin can I mention in this connection? The only one I can think of, right at hand, is the one about flies, and how to control them. For open windows must have screens, and screens are discussed in the house

fly bulletin.

Number 5. "Hang up the kitchen utensils wherever possible. The egg beater the small saucepan, or other utensils are much more accessible if hanging in sight, than if kept on a shelf, or in a drawer among many others." All that is in the kitchen bulletin -- in fact, there's a list of all the kitchen utensils needed, and where they should be placed.

Number 6. "Since heavy, rich food, is often difficult to digest, and produces heat, rich gravies, fried foods, pastries, and heavy desserts may well be omitted from the menu in warm weather. Substitute more fresh fruits and vegetables, and cool fruit or milk beverages." Yes indeed -- I'm sure the Menu Specialist would approve of that statement.

Number 7. "To protect the top of blankets and quilts from being soiled, bind the edge with a piece of cheesecloth or other inexpensive material about sixteen inches wide, which matches the blanket in color. When this is soiled, it is easily removed and laundered." Good advice -- but not the time of year to talk about blankets and quilts.

Number 8. "When introducing new foods in the child's diet, give only one food at a time, and that in a small quantity, well-cooked and nicely served." Which reminds me of Mrs. Carpenter's leaflet, "Good Food Habits for Children."

Number 9, and the last I'll read today: "Parents will be well repaid if they make meals pleasant social occasions which help knit the family together, instead of opportunities for family quarrels."

Speaking of children -- here's another item which was sent to me recently. "Sleep for the Child" is the title:

"Plenty of sleep is essential for the child's health, happiness, and wholesome growth, in summer as well as in winter. Even when days are longest, children should go to bed at the regular hour. All growing children should have a rest period of at least one hour in the afternoon and a minimum of twelve to thirteen hours of sleep at night. A child under two years of age should also have a morning nap. Brief rests, after unusual exertion, will help the child sleep better at night. Often a child cannot go to sleep because he is over-fatigued.

"Special care should always be given to good ventilation in any room where the child sleeps, and whenever possible, the nap should be taken outdoors, on a quiet porch. There should be windows on two sides of the room. Removing the child's outer garments and shoes will make him more comfortable during his daytime rest period.

"Since darkness is not an essential to sleep, the child may be trained to take his nap in the afternoon, in a light room, with windows wide open.

"Children should not be kept up to entertain visitors or to attend evening entertainments or movies. Loss of sleep makes the child over-active and irritable. The child who goes to bed quietly at a regular hour each night is likely to sleep well, and be easy to live with during the day."

Well, as Dorothy says, you might as well go to bed early and get it over with, so you'll be ready to begin the next day on time. Dorothy finds her days so full that she never gets everything done. I told you last week about our picnic at Difficult Run, where Dorothy fell into the creek, and had to shed her wet clothes and be ^{wrapped} in a blanket. She wrote me a letter the other day-- the lines going up hill and down dale -- but a pretty good letter just the same. She concluded with a "poem," called "Difficult Run." This is the poem:

"Picnics aren't much fun
At Difficult Run,
'Cause once you fall in
You're wet to the skin
And that's the end of a day for you."

"It isn't a very good poem," writes Dorothy, "But my poison ivy itches so bad I can hardly write at all."

Well, maybe some day some one will invent a sure cure for poison ivy. Until then, we'll just have to struggle along the best we can -- avoiding plants which have three shiny green leaflets, and scrubbing thoroughly with laundry soap and water, in case we do come in contact with the plant. But never again will Dorothy go out of her way to gather poison ivy, as she did last week.

Now where's my menu? Oh well, never mind -- I remember it. Ham en Casserole is the main dish. Ham en Casserole, Buttered Onions, Cold Slaw, and Rhubarb Pie -- or some other fruit pie.

There are directions for Ham en Casserole on page 34, in the Radio cookbook. That's ham cooked with sliced potatoes, with milk added. If the ham is very salty, soak it, in buttermilk or sour milk if possible, before cooking with the potatoes. The acid of sour milk seems to soften the ham and makes it very tender when cooked.

There's a recipe for Rhubarb Pie on page 65 in the Radio Cookbook, so I won't broadcast directions for the pie.

Now does everyone have all the menu? Ham en Casserole, Buttered Onions, Cold Slaw, and Rhubarb Pie.

Tuesday: "Watermelons - - and Vitamins."

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